

# BISHOPS EPIC 2025 (No. 19)

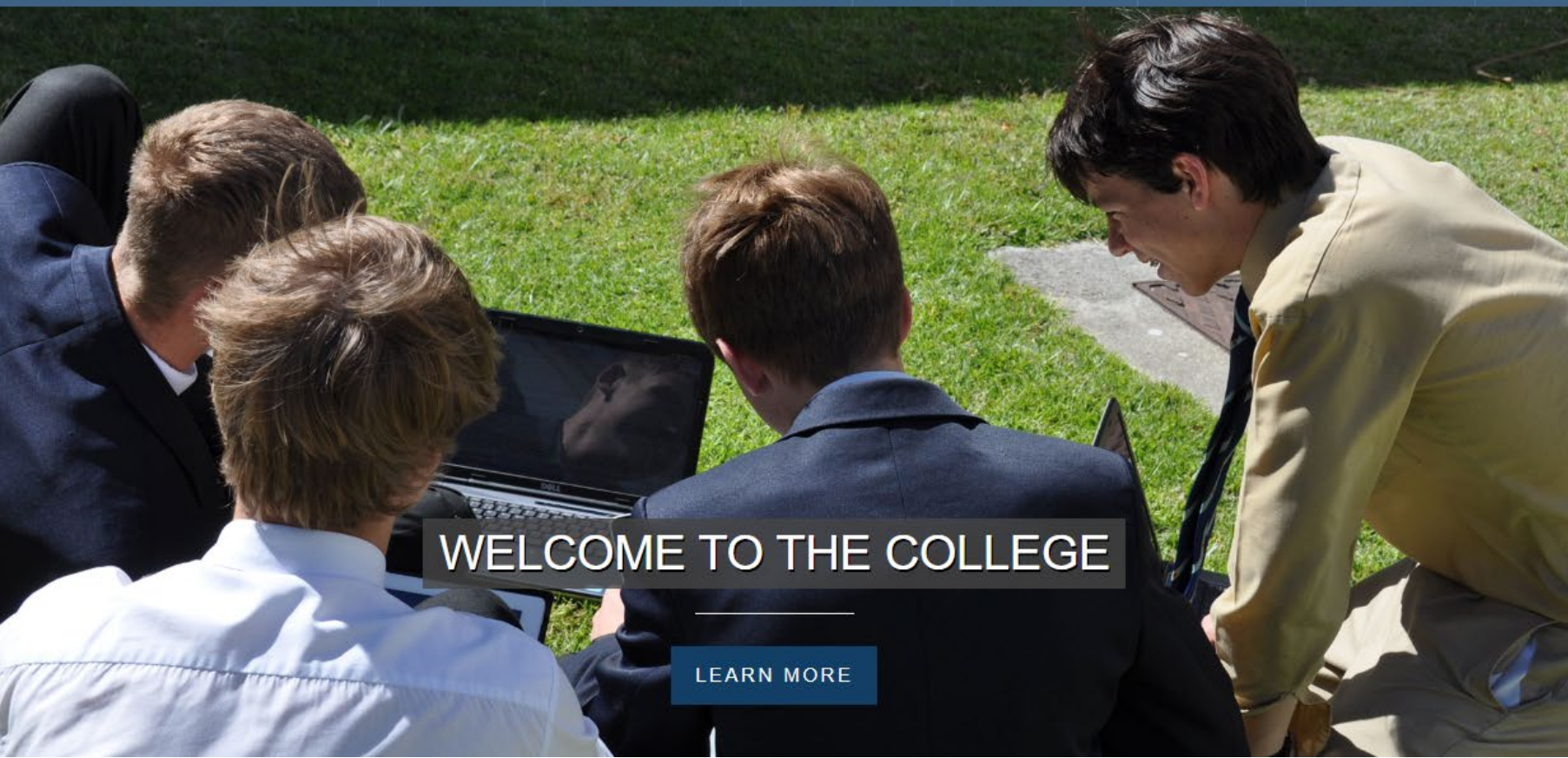


***“A journey that lasts a lifetime”***



From  
the  
horse's  
mouth





WELCOME TO THE COLLEGE

LEARN MORE

## PRINCIPAL'S WELCOME

Welcome to Bishops. The College is home to about 800 boys in grades 8 to 12 (ages 14 to 18) who all enjoy the benefits of a remarkable campus in the heart of Rondebosch, Cape Town.



The College is a very busy place because it offers an enormous diversity of activities. The pages which follow detail that diversity and hopefully give you a sense of the pleasure, privilege and responsibility it is to be a Bishops boy.

READ MORE



## BISHOPS EPIC

### Parent Information

The **2025 19th Bishops Epic** takes place from **18 November to 3 December**. The afternoon and evening of **2nd December** will be the night when boys and their fathers/father-figures reunite.

The Bishops Epic is a 16-day journey at the end of the year by Grade 10 boys through a series of bases across the remote Cederberg, where they will experience a wide range of activities which will test them physically and mentally and allow them to appreciate the landscape as well as the people and the history of the area.

The boys will hike with staff and on their own, they will cycle along country roads and mountain-bike, challenge themselves on the banks of the Clanwilliam Dam through water-skiing, kayaking and sailing and work with school children at Elizabethfontein or Grootkloof Primary Schools. They will also be stationed at Sanddrift and/ or Jamaka, where they will learn a range of skills, from abseiling and horse-riding, to rock-climbing and shooting. study San art and contribute to the upgrading of the environment in which they find themselves. They



#### OVERVIEW

PARENT COMMUNICATION AND DOCUMENTS

BASES AND MAP

CONTACT

EPIC ATTENDANCE POLICY

FAQ

PHILOSOPHY BEHIND THE EPIC

PHOTO GALLERIES

POEMS FROM THE CEDERBERG

PROUD PARTNERS OF OUR

## Presentation to Parents and Boys

- Cycling Video
- Boots Talk 2021
- Boots Letter 2022
- Epic Presentation to Parents 2024
- Food Presentation 2024



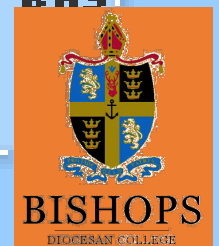
## Parent Communication

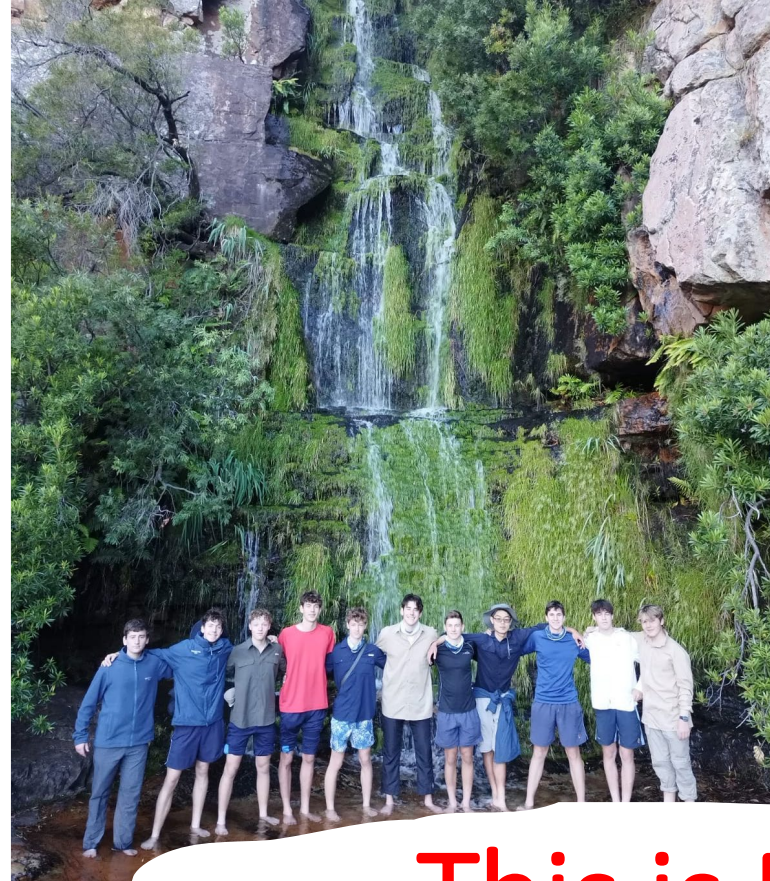
- Epic Letter 1: Introduction 2025
- Epic Letter 2: Follow up on Parents Evening 2024
- Epic Letter 3: Term 3 2024
- Epic Letter 4: Getting Epic Equipment Ready 2024
- Letter 5: Father Figure Letter and Final Night 2024
- Letter 6: Final Arrangements 2024

## Documents

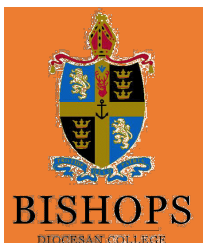
- Consent Form 2025
- Epic Equipment List 2024
- School Shop Order Form 2024
- Details for Last Night 2024
- General Information about Hiking and Solo Boxes 2024
- Recommended Food Lists for Hiking and Solo Boxes 2024
- Epic Training Week Programme 2024

- OVERVIEW
- PARENT COMMUNICATION AND DOCUMENTS
- BASES AND MAP
- CONTACT
- EPIC ATTENDANCE POLICY
- FAQ
- PHILOSOPHY BEHIND THE EPIC
- PHOTO GALLERIES
- POEMS FROM THE CEDERBERG
- PROUD PARTNERS OF OUR ANNUAL GRADE 10 EPIC JOURNEY
- RESEARCH ON INTRODUCTION OF EPIC
- SAFETY, STAFFING AND PREPARATION
- VIDEOS





This is NOT a boot camp!





# What do we hope to achieve?

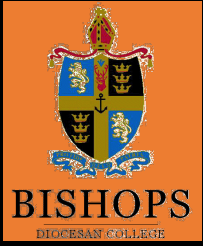
- OUTDOOR education
- A break from TECHNOLOGY
- RESILIENCE
- In- & co-DEPENDENCE
- 'RITE OF PASSAGE' experience





# Rite of Passage

1. Junior - Senior transition phase
2. 'Blessing of the Boots' ceremony
3. Parent letter
4. Father/ significant paternal figure...
  - Travels to son's base
  - Included in the final evening's tribal council
  - Spends the night &
  - Travels home with son



# How Does Epic Work?



- 16 days/ 5 rotations (3 nights each)
  - 3 rotations at three base camps
  - 2 rotations of hiking (staff hike & boy hike)
- Groups constitute 28 boys
- Hiking groups are approximately 14 boys
- Boys are paired with a friend (boys choose)
- Houses and abilities are mixed
- a 24-hour solo
- Cycling/ hiking/ driving between bases



# 2 Hikes

First: staff hike  
(includes a peak)  
(with staff, in hiking group)

Second: boy hike  
(without staff, in hiking group)



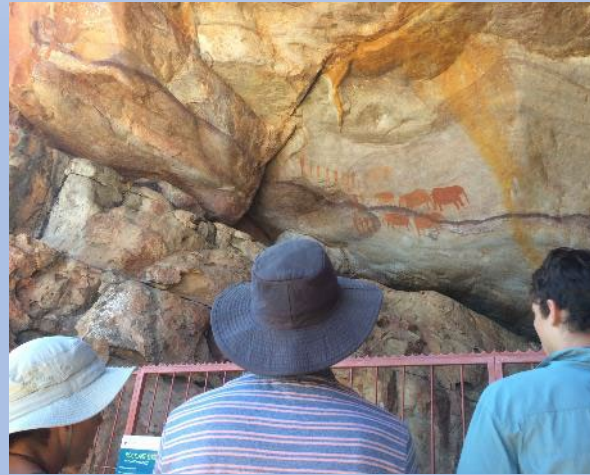
# Water Base

- Skiing & Tubing
- Kayaking
- Sailing
- Fishing
- Raft-building
- 1 night on Mango island



# Sanddrif

- Mountain-biking
- Abseiling
- Rock-climbing
- Maalgat high jump
- Stadsaal rock art
- 24-hour solos





# Elizabethfontein

- School
- Rock Art Trail
- Bush Hacking
- 'Rubbly'
- Fishing



# Jamaka

- School
- Shooting
- 24-hour solos



How can YOU be involved?

**OUTREACH**



## Epic Outreach

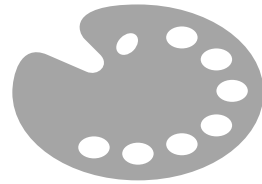
- Jamaka – Grootkloof (40)
- Elizabethfontein (250)
- Wish lists

# Arts and Crafts

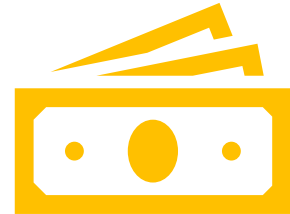




Thrift Sale



Arts and Crafts



Donations



# Jackets

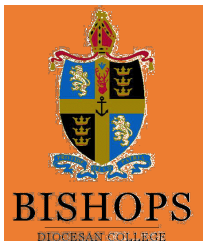
Part of the package for  
all



# Buy some boots in Term 3

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# ***HI-TEC***



### Top:

- Snacks
- First aid kit
- Rain gear
- Bathroom kit

### Core:

- Food
- Water
- Tent
- Stove

### Bottom:

- Sleeping bag
- Clothing
- Sleeping pad
- Pillow



Approximately a  
65 + 15 litre backpack





# What do we provide for hiking?

- Maps
- Groundsheets (which can be used as shelters)

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- Storm Shelters for hiking
- 2 Boxes
  - Solo box (1 day's food)
  - Hiking box (2/3/4 day's food)
- First Aid Kits
- Satellite phones



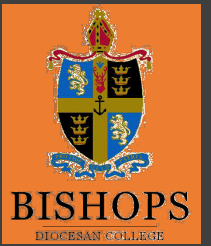
## Safety

- Always several Bishops staff at each base
- Satellite Phones for all hikes
- Maps & route cards
- First Aid Kits & First Aiders
- WildMedix based at Jamaka
- Clanwilliam GPs on standby
- Excellent hospital in Clanwilliam



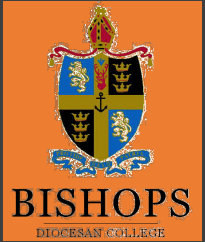
# How do we Prepare the boys?

- Physical Assessment in LO
  - Offer free fitness sessions with SPW
- Beginners' cycling course (optional)
- Swimming lessons (optional)
- LO rotations in term 3 and 4
- Thursday Afternoon talks in terms 3 & 4
- Devil's Peak Hike – last day of term 3 (a MUST!)
- 1<sup>st</sup> Aid course for about 30 boys (optional)
- Epic Training Week: 11-14 November (a MUST!)





# FOOD



- All meals in base camps provided
- 'Staff hike' food packed in bag
- 'Boy hike' food pre-packed in hiking box (box provided)
- '24hr-Solo' food (3 meals) pre-packed in solo box (box provided)
- Father/ father figure provides meal/ braai for last night
- Halaal food is provided at base camps
- Special dietary requirements are arranged individually



# What can you do?

- Read the 6 **letters** I send
- Submit the **Consent** form & update **Medical** details **NOW!**
- Buy **boots** in term 3 – no earlier
- Get him to **pack his own bag**
- Get him to collect his **solo box & boy hike box HIMSELF!**
- Speak to him about his **behaviour** on Epic (incl. **littering**)
- Help him get his **mind** right for Epic
- Direct him to the **website**
- Help him get **physically ready** for Epic
  - particularly cycling & hiking fit
- **Appease his anxiety** around...
  - hiking
  - sleeping out in the open
  - the 24-hr solo
  - being away for 16 days
- Help me with **vehicles**
- Join the **parents' committee**
- **Contact me** with concerns



Q & A